

# Restorative Spine Class

Fall Session Starting: Tuesday, September 7<sup>th</sup>, 2015  
Tuesdays & Thursdays at the Downtown YMCA  
in the Emery Board Room (Runs 6 weeks)

Time: 4:00–5:00 P.M.



This Spring Session runs from September 7<sup>th</sup> through October 15<sup>th</sup>.  
Space is limited.

\$30.00 for YMCA members, \$60.00 for non-members.

- Non-members must fill out the YMCA Program Application Form.
- All participants must fill out Pre-entry Form.  
(Providing important information about the participant to the instructor)
- Participants must be able to get up and down from the floor independently.
- This class is not a substitute for physical therapy.

If you have questions or would like to register for the Restorative Spine Class.  
Please contact: Mary Biddle-Newberry @ 344-5502 ext 276.